

# Have You Washed Your Hands Today??

*Do you know what you have touched and who touched it before you? Were they sick? Had they been to the restroom - did they wash their hands when they were done?*

**National Handwashing  
Awareness Week!!  
December 3-9, 2006**



**Help keep yourself and others Healthy:**

**Wash your hands:**

**Before and After using the restroom.**

**Before and After eating.**

**Before, during and after preparing food.**

**After changing a diaper.**

**After handling animals, their toys, leashes or waste.**

**More often when someone in your home is sick.**

**After you have blown your nose.**

**After touching something that could be contaminated  
(such as trash, trash can, cleaning cloth, drain or soil).**

**Whenever they are dirty.**